

11

Application No. 10/822,473 Williams Amend A

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a pair of planar posts comprising a first planar post extending from the frame and a second planar post extending from the frame;

a rectangular sitting component frame mounted to said pair of planar posts;

a horizontally disposed buttocks seat rectangular in shape comprising an inner member and an outer member;

a pair of parallel inclined seat support bars;

a second horizontally disposed bar secured to said first planar post and said second planar post;

a first horizontally disposed bar; and

a plurality of rectangular non skid members.

38. The exercise device of claim 37 wherein said horizontally disposed buttocks seat is secured to said rectangular sitting component frame at opposing ends and wherein said horizontally disposed rectangular seat is selectively adjustable;

Application No. 10/822,473 Williams Amend A

39. The exercise device of claim 37 wherein said base further comprises:

a pair of equal length side base bars wherein said base bars are parallel and equidistant to each other; and

a transverse base bar extending between said pair of side base bars wherein said transverse base bar comprises:

an elongated bar having opposing endings selectively fixed horizontally and perpendicularly to the midpoint of the left side base bar at a first opposing ending and the midpoint of the right side base bar at second opposing ending.

40. The exercise device of claim 37 wherein said pair of side base bars further comprise:

a left side base bar wherein said left side base bar comprises a front side and a rear side and;

a right side base bar wherein said right side base bar comprises a front side and a rear side.

41. The exercise device of claim 37 further comprising:

said first planar post extending upwards in a 45 degree curve and leveling off at first peak wherein said first planar post is attached to the front end of the left side base bar; and

said second planar post extending upwards in a 45 degree angle curve and leveling off at a second peak wherein said second planar post is attached to the front end of the right side base bar.

42. The exercise device of claim 37 further comprising said first horizontally disposed bar with a pair of opposing ends, wherein one opposing end is secured to the first planar post and an opposing end is secured to the second planar post; and

said horizontally disposed bar including an inner member comprising particularly rigid material and an outer member comprising particularly soft material.

43. The exercise device of claim 37 wherein said rectangular sitting component frame is mounted to the first planar post at said first peak and,

said rectangular seat component frame mounted to the second planar post at said second peak;

Application No. 10/822,473 Williams Amend A

and said rectangular seat component comprising a particularly soft material outer member mounted on a particularly rigid inner member.

44. The exercise device of claim 37 wherein said rectangular sitting component frame is further supported by a first inclined seat support bar and a second inclined seat support bar wherein:

said first inclined seat support bar comprises a pair of opposing ends wherein one end is attached to said rear end of said left side base bar, and one end attached to the first planar post; and

said second inclined seat support bar comprising a pair of opposing ends wherein one end is attached to said rear end of said right side base bar, and one end at attached to the second planar post.

45. The exercise device of claim 37 further comprising said second horizontally disposed bar with opposing ends wherein said second horizontally disposed bar is secured to the first inclined seat support bar at a first end,

and said second horizontally disposed bar is secured to the second inclined seat support bar at a second end.

15

Application No. 10/822,473 Williams Amend A

46. The exercise device of claim 37 wherein said rectangular shaped non skid members are selectively attached to said parallel base bars of said rigid frame, and wherein said non skid members are aligned in pairs perpendicularly to each other.